

Plantar Fasciitis Recovery Program



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A personal message

The pain of a plantar fasciitis can often interfere with everyday life and significantly disrupt your favourite activities, making it difficult to manage daily routine.

“ This information pack is a great place to start on your path towards taking control of your plantar fasciitis, recovering and getting back to doing the things you love!

Over a 25-year period, Canterbury Health Hub (CHH) has helped numerous patients who suffer from plantar fasciitis to understand how to become pain free. We help you get back to routine and normality.

As an Osteopath, the most satisfying aspect of our profession is helping people to move more freely, decrease their pain and improve the quality of their lives. There is nothing more satisfying than this accomplishment.

It would be great to work with you and guide you towards recovery. We hope you choose us to provide this important care.

If you have any questions, please do not hesitate to contact us on (03) 9836 3688.

Thank you,



Dr. Dean Holzer - Osteopath
Founder and Managing Director
Canterbury Health Hub (CHH)

[Book a FREE 15 minute consult HERE](#)



Plantar Fasciitis Symptoms

Plantar fasciitis is a common foot condition that causes pain and discomfort in the heel and sole of the foot. It occurs when the plantar fascia, a thick band of tissue that connects the heel bone to the toes, becomes inflamed or irritated. Symptoms include sharp, stabbing pain in the heel upon waking or after rest, along with tenderness and stiffness. Gradually developing over time, the condition can hinder mobility and daily activities. In Australia, plantar fasciitis is a prevalent issue, affecting an estimated 10% of the population. Seeking professional diagnosis and appropriate treatment is crucial for managing this condition effectively.



In Australia, plantar fasciitis is a prevalent issue, affecting an estimated 10% of the population.

Step 1: Assessment is the Key

The body is a complex unit and there are numerous contributing factors that may lead to plantar fasciitis. This may include a localised problem of the foot, or even a pre-existing problem in your knee, hip or lower back!

Here at CHH, our team of experienced Osteopaths will initially perform a thorough case history and physical examination, in order to ascertain the exact root cause of your symptoms. Once we have determined the cause, we will then explain our findings to you.

Based on the assessment, we develop an individualised and targeted treatment plan, to help restore your health and get you back on track to doing the things you love!

Ready to get back on track doing the things you love?
Click the button below to arrange a

FREE 15 MINUTE

in person or telephone consultation.
One of our Osteopath team is ready to help you.

BOOK NOW

www.canterburyhealthhub.com.au/plantar-fasciitis/free-consult

Step 2: Hands on Therapy

At CHH, we take a very hands-on approach in the treatment and management of your plantar fasciitis. Osteopathic treatments at CHH aim to restore proper function and balance to the body, which can reduce plantar fasciitis. Our team will tailor a treatment program for you using a variety of hands-on treatment techniques. These may include:

- Soft tissue massage
- Stretching Joint mobilisation
- Dry Needling
- Muscle energy techniques
- Counter-strain techniques
- Manipulation techniques
- Cranial techniques
- And more...



Step 3: Exercise Rehabilitation and Management

At CHH, we aim for long lasting relief, rather than short term solutions to your plantar fasciitis. So, your Osteopath at CHH will develop a customised exercise rehab plan (including strengthening and stretching exercises) to address any imbalances or weaknesses in your muscles, which is a vital step in breaking the cycle which contributes to maintaining your condition.

These tools are important in further helping to reduce the incidence of plantar fasciitis. We offer a holistic whole-body treatment at CHH, which will get to the root cause of your problem and will leave you feeling better and stronger than before.



Step 4: Education and Prevention

At CHH, we pride ourselves on educating our patients on their condition and providing simple prevention strategies to help them achieve their goals. Education and prevention are essential for long-term management of plantar fasciitis. The pain and symptoms associated with plantar fasciitis can be disruptive to your day-to-day life and can often leave you feeling frustrated. The CHH Osteopaths will teach you strategies to break the cycle associated with your injury, preventing reoccurrence. Let's work together and get this sorted, so that you can return to optimum health and wellbeing!

It is not unusual for a pre-existing condition in the lower back, hip and/or knee to increase the likelihood of experiencing plantar fasciitis.

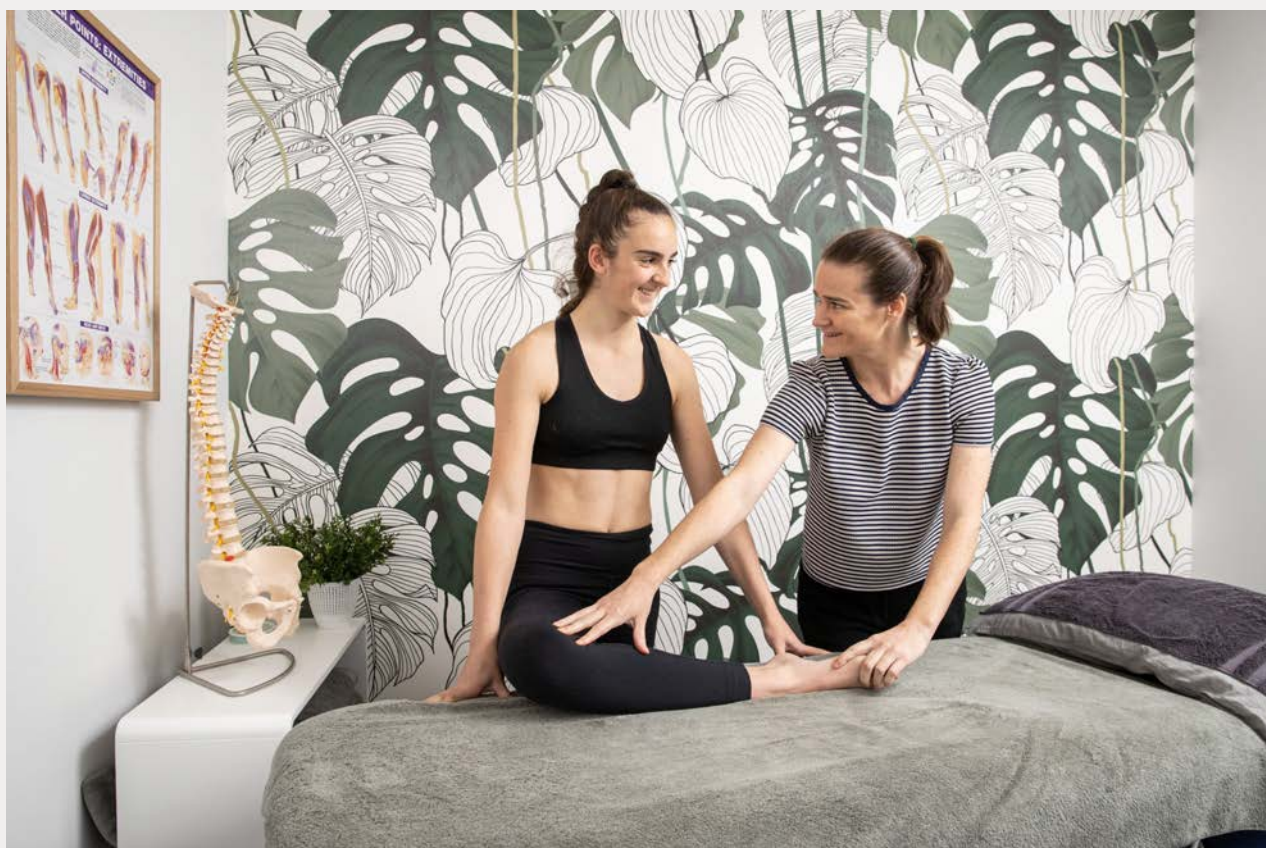
Our comprehensive approach, which centres on identifying and addressing the underlying root cause of the problem, results in patients completing treatment feeling more comfortable and stronger than when they first started.



Step 5: Recovery

Plantar fasciitis can be frustrating and disruptive to your life and impact the activities you enjoy doing. Your recovery journey is crucial as it allows the body time to heal, rebuild strength and restore your overall well-being.

The Team at CHH will work towards your recovery goals, whether they be getting back to work, exercise or playing with the kids. By utilising our 5-step program, we can help you get back to normal movement and function, whilst also preventing your injury from reoccurring.



[Book a FREE 15 minute consult HERE](#)

6 Simple Ways to Relieve Plantar Fasciitis



1

Avoid Standing for Long Periods

Weight bearing and standing in one place for extended periods of time can exasperate your symptoms, causing soreness and aching, especially if inflammation is already present.

If your job involves spending time on your feet for extended periods of time, aim to take regular breaks. It is also important to change your position frequently, to avoid strain from being in the same position.

2

Avoid Exercise that is High Impact

High Impact Exercise refers to physical activity that involves forceful and repetitive movements, where the body leaves the ground, landing with significant impact. These exercises typically place a heavy load on the joints and connective tissues. Examples of high impact exercises include running, jumping, certain aerobic workouts and sports like basketball or tennis.

3

Avoid Barefoot

Experiencing pain in the heel or sole of your foot can be exasperated by walking barefoot, due to lack of necessary support. Plantar fasciitis can be particularly severe in the morning when people are more inclined to walk barefoot. So, you may find it useful to avoid walking barefoot at this time.

4

Avoid Shoes with Flat Soles

Very flat shoes provide no cushioning or shock absorption for your feet and should be avoided. Shoes such as ballet flats, converse style trainers and thongs are examples of shoes that offer no support. They also offer no arch support and do not contour to your feet.

If you suffer from pain and inflammation, avoid spending long periods of time walking in these shoes.

5

Diagnosis and Recovery Plan

It's important to seek a diagnosis around your persistent foot pain, as there can be several different causes of pain.

Our Osteopaths can assist you in determining the cause of your pain. By utilising our 5-step program, we can help you get back to normal movement and function, whilst also preventing your injury from reoccurring.

6

Gentle Stretching

Muscle tightness in your calves can increase pain and inflammation. So, gentle stretching is a good way to ease tightness in and around your foot/ankle region, improving your quality of movement and reducing your pain.

Our experienced team at CHH offer education and prevention through a comprehensive and holistic approach, centring on identifying and addressing the underlying cause of the problem, which is essential for long-term management of plantar fasciitis.

Avoiding Injections for Plantar Fasciitis

- If your Plantar Fasciitis was triggered by a particular activity, it's important to avoid that activity, or modify how you perform that activity.
- Seek attention from a professional as soon as you experience symptoms of plantar fasciitis. Prompt treatment and proper care can help prevent the condition from worsening and potentially requiring injections.
- Give your feet adequate rest and apply ice packs to reduce inflammation and pain. Resting can help alleviate stress on the plantar fascia and promote healing.
- Perform regular stretching exercises to improve flexibility and reduce tension in the plantar fascia. Strengthening exercises can also help stabilise the foot and prevent further strain on the affected area.
- Wear shoes with proper arch support and cushioning to provide stability and reduce strain on the plantar fascia. Avoid high heels or shoes with inadequate support that can exacerbate the condition.

- Consider using orthotic inserts or shoe inserts that provide additional support and cushioning for your feet. These inserts can help distribute pressure evenly and reduce stress on the plantar fascia. Please remember to seek professional advice on this.
- Massage and dry needling can help to reduce muscle tension, promoting relaxation.
- Limit activities that place excessive strain on the feet, such as prolonged walking or running on hard surfaces. Opt for low-impact exercises like swimming or cycling to minimise stress on the plantar fascia.

The CHH team will determine which exercises are appropriate for you by developing a tailored exercise rehabilitation plan based on your specific circumstances and goals.



Final word

Our Plantar Fasciitis Program aims to reduce pain and inflammation by addressing the underlying causes and improving your overall health and wellness through a holistic whole-body approach.

Still have questions?

Still have questions? We recommend booking a **FREE Plantar Fasciitis Consultation** at Canterbury Health Hub to find how we can help you.

Click the button below to arrange a

FREE 15 MINUTE

in person or telephone consult.
One of our Osteopath team is ready to help you.

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